

## CAMPING/HIKING USES FOR A BANDANA

### Health/Safety-Related

1. Use as a sling (need two tied together)
2. Tourniquet (which you're really not supposed to do anymore)
3. Use to put direct pressure on a wound
4. Use as a band-aid
5. To bind a splint
6. For an ice pack (actually hot OR cold compress-- maybe holding snow)
7. For eye patch
8. To wipe runny nose
9. To hold poultice in place
10. For compression wrap on wrist
11. To put cool water on a burn
12. For a cool rag on your head for a headache
13. "Chafe" protector
14. Use as a flag for help--tie to a tree etc. to attract rescuers if you're lost (in the winter, could tie to a ski pole)
15. To blow nose or as a sneeze catcher (or to muffle a sneeze!)

### Hygiene

16. Use as toilet paper (Especially in an environment with little foliage, using a bandanna is a boon to hygiene. Simply tie it on the outside of your pack and it will quickly dry and be ready the next time you need it. Or bring plastic bag to store it in. If you try this, make sure you bring 2 bandannas of different colors.)
17. Use as feminine product substitute.
18. Wash up with it.
19. Dry off with it.
20. Sweat rag
21. Wear under cap for sun protection (aka Foreign Legion)
22. Diaper
23. Clean glasses
24. Baby bib

### For Your Head

25. A hat
26. For keeping the hair out of your face
27. A sweatband (roll it and tie it around your head to keep the sweat out of your eyes.)
28. Ear muffs in cold weather
29. Tie up a ponytail
30. Drape it over your head (and under your hat) to let the ends dangle and keep bugs out of your eyes (yes this really works—and I'm told that's what the little balls on a sombrero's fringe are for, too!).
31. Wear over hat to tie it down so it won't blow away. (Works for a hairpiece too!)
32. Wear on head wet to keep cool.
33. Wear as a hat band.

### For Kitchen/Food

34. Coffee filter
35. Dish rag
36. Napkin (Dab the corners of you mouth after you snack on trail mix that has melted chocolate in it.)
- Pre-water filter
37. Pot holder
38. Cover food/drink to keep bugs away.
39. Sink drain plug
40. Hand wrap for jar and bottle opening
41. Hobo lunch box (Carry on a stick--a "waltzing matilda" also called a bindlestick or to hold your personal belongings if running away from home!)
42. Table-cloth/placemat
43. A whisk to clean off sand
44. Anyone bib
45. Salad spinner
46. To wipe off fruit/vegetables
47. Drink "cozy" or coaster
48. Wear it as an apron
49. Utensil holder
50. Strainer (like for pasta)
51. "Doily" under table centerpiece
52. To wrap up warm bread/biscuits
53. To gather wild berries (morel mushrooms, etc.) in
54. Moisten it and wrap leftover pancakes, biscuits, etc. in it, to keep from going stale during the day or night.
55. Wrap bacon, salt pork, etc. after cooking to degrease.

### For Hiking/Camping /Outdoor Use

56. Could rip into strips and use as trail markers.
57. Could use a brightly colored one to flag down a person in the distance.
58. To stay cool, use it around your neck (soak your bandanna in cool water and then drape it around your neck. A lot of blood passes through your neck and this will help cool it off before it gets to your brain.)
59. To stay cool, use it as for a halter top ( Fold each bandanna into a triangle. Tie two ends together, wrap the other ends around your chest and tie them together, and then tie the tops together behind your neck. If your bandannas aren't big enough, improvise. It may not be high fashion, but it works.)
60. Tie it over your mouth and nose bandit-style to keep out cold air on a winter hike or dust and grit on a windy one. Wear in back if sun is hot. (Cowboys called it their neckerchief or "wipes".)
61. Wear wet, for escape from a smoky fire.
62. Sun shade
63. Hang flashlight from tent ceiling.
64. Clean binocular lens.
65. Wrap breakables in backpack.
66. Pillow cover

67. All terrain sitting cloth or "sit-upon" (keeps tree sap or bird poop off your expensive hiking pants)
68. To distract a charging animal.
69. Shoo away pestering insects.
70. Pad shoulders for carrying a load.
71. To pad a tumpline (A **tumpline** is a strap attached at both ends to a backpack or other luggage and used to carry the object by placing the strap over the top of the head. This utilizes the spine rather than the shoulders as standard backpack straps do. Tumplines should not be worn over the forehead, but rather the top of the head just back from the hairline, pulling straight down in alignment with the spine. The person then leans forward, allowing the back to help support the load. Tumplines are often used to transport heavy loads across uneven terrain such as footpaths and portages. The voyageurs of the North American fur trade used tumplines exclusively to carry their cargo of pelts and rations across portages.)
72. To bind a stone then toss a line over a limb.
73. Wear as an ascot.
74. Tent window shade
75. To bring home a treasure you find on a trail.
76. An impromptu glove
77. A flyswatter
78. To make smoke signals (must be wet).
79. A firestarter (Must be dry.)
80. "Occupied" signal for latrine or...
81. Door "knob" on cabin door
82. To mark your camping area so guests can find it easily.
83. Mark tent poles/lines etc. so not run into.
84. Mark clothes line, for same reason.
85. To stay warm, wrap it around your neck.
86. For knotting practice
87. To blindfold to prevent snow blindness.
88. Stuff several into a bag to make a pillow.
89. To check wind direction.
90. To mark territory in the woods.
91. Gear loft for tent.
92. To keep bugs off your face while napping.
93. Emergency repair for a broken strap on a pack.
94. Tie on the end of a ski pole or stick to mark the location of your snow cave.
95. To tie your water bottle to your backpack.
96. To gag a wacky tent partner that won't stop jabbering.
97. To plug your nostrils after being sprayed by a skunk.
98. To dry sweaty hands, if you're caught with an empty chalk bag, when climbing.

#### For Boating/Fishing/Biking

99. To tie canoes together.
100. To tie your paddle to your wrist.
101. Fish net
102. To polish your boat or bike.

103. Sew a bunch together for a really cool sea kayak sail.
104. Use as net to gather minnows for bait.

#### Fun and Games

105. For flag football or "Capture the Flag"
106. Blindfold for surprises or "blind man's bluff" or "pin the tail" games
107. Lampshade
108. Make a hand puppet to entertain a tired toddler
109. Bandana doll to entertain little ones
110. The thing to pass in a relay
111. To mark the finish line or home plate.
112. To do magic tricks like "The Disappearing Coin".
113. Parachute for toy soldier
114. Doll blanket
115. Dollhouse wallpaper
116. Beanie Baby blanket
117. Wear around your head as part of a pirate's costume.
118. A few twigs, scotch tape and some string, BINGO, you've got a mini kite.
119. To make a tail for a kite.
120. To lead a line dance in folk dancing.
121. To make a sling to throw things fast and far (e.g. tennis balls for dogs, rocks at racoons.)
122. Find a long stick with a Y-shaped end. Tie a Bandana in a pouch across the Y and sling away.
123. To wipe a muddy Frisbee after a day of mud-ultimate.

#### Other "Accessory" Uses

124. Watch fob
125. Purse
126. Key chain
127. Belt (could twist two together)
128. Pocket protector
129. Sash for your dress
130. Two can make a bikini
131. Tying skis together for carrying them

#### For Your Pet

132. Canine or feline bandana
133. Dog muzzle
134. Dog leash
135. Wet and put around dog's neck to keep cool.
136. Chew toy or "tug-of-war" toy (good use for an old bandana!)
137. Tie catnip in for cat toy.
138. Cat cape
139. Chihuahua blanket
140. Dog collar

#### Misc.

141. Could use to hold or wrap items.
142. Clean/shine shoes.
143. Clean camera lens.

144. Wrap a gift.
145. Wrap up little pieces of something you found, broke, etc.
146. "Blindfold" for sleeping
147. To wipe away a tear.
148. Self-defense with a rock in it
149. As a curtain
150. Bookmark
151. Lamp-shade
152. Alarm clock muffler
153. Emergency clothing patch
154. Sunglasses retainer
155. Cover things in a memory game.
156. Flag of surrender
157. Flag of warning (red)
158. Car window shade
159. Trailer hitch
160. Tie several together and twist for make-shift rope.
161. To hold handle of hot branding iron.
162. To blindfold a shaky horse.
163. To "hogtie" a roped animal (tie four feet together)
164. Hobble for horse

#### Misc. Non-camping

165. Mark luggage at airport.
166. Temporary gas cap or to test oil
167. Flag for lumber or building materials that are too long for trailer or truck
168. Waving down a taxi.
169. Wear as a disguise.
170. To show someone what "paisley" is!
171. Polish rag
172. To decorate your car antennae (or so you can spot it easily).
173. Fix a hose (e.g. a radiator hose).
174. Racing flag
175. Use for rolled rag paint finish.
176. A back country flirting device - hold it demurely with elbow bent and wave it gently.
177. Wear as mask when robbing a stagecoach.
178. To distinguish twins, triplets, etc...
179. As a portable ruler - make marks on edge with permanent marker.
180. Or wear one,.... just to look cool!

## A Visor from a Folded Bandanna

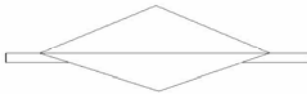
One day I was hiking above treeline in the late afternoon, and the sun was in my eyes. I had forgotten to bring a sun hat, but I did have a bandanna in my pocket. Out of necessity, I figured out how to make it into a visor.

Fold the bandanna in half diagonally, to make a triangle.

Roll the folded edge over a couple of times, as though you were going to make the bandanna into a headband. Leave most of the triangle unrolled.



Fold the top layer of the triangle down over the rolled part.



Fold the two corners into the center.



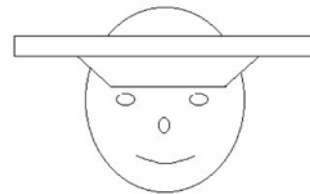
Return the top layer to its previous position, so that the corners are now tucked inside.



Roll the bottom edge up one more time, to trap the corners so they won't come loose.



Tie the bandanna around your head, with the rolled part out and the visor over your face.



Pull the visor out away from your face. You may have to adjust it a bit.



You can take the visor off without untying it, fold it up and put it in your pocket, and later put it back on without having to start all over. I keep one folded up in my purse. I often use it when driving into the setting sun.